



National Nutrient Database for Standard Reference  
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Statistics Report 35153, Fish, salmon, king (chinook), raw (Alaska Native)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	65.96	2	--	63.6	68.32	1.0	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	06/2006
Energy	kcal	187	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	781	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein <sup>1</sup>	g	20.25	2	--	18	22.5	1.0	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	06/2006
Total lipid (fat) <sup>1</sup>	g	11.73	2	--	10.07	13.4	1.0	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	06/2006
Ash <sup>1</sup>	g	1.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	42	2	--	6	79	1.0	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	06/2006
Iron, Fe <sup>1</sup>	mg	0.79	2	--	0.67	0.9	1.0	--	--	2	Aggregated data involving comb. of codes other than 1,12 or 6	--	06/2006
Magnesium, Mg <sup>1</sup>	mg	24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Phosphorus, P <sup>1</sup>	mg	208	2	--	186	230	1.0	--	--	2	Aggregated data involving comb. of codes other then 1,12 or6	--	06/2006
Potassium, K <sup>1</sup>	mg	370	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <sup>1</sup>	mg	48	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <sup>1</sup>	mg	0.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se <sup>1</sup>	µg	31.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Thiamin <sup>1</sup>	mg	0.161	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin <sup>1</sup>	mg	0.169	2	--	0.08	0.26	1.0	--	--	2	Aggregated data involving comb. of codes other then 1,12 or6	--	06/2006

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Niacin <sup>1</sup>	mg	8.415	2	--	7.2	9.63	1.0	--	--	2	Aggregated data involving comb. of codes other then 1,12 or6	--	06/2006
Pantothenic acid <sup>1</sup>	mg	0.987	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 <sup>1</sup>	mg	0.271	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total <sup>1</sup>	μg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, food	μg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Vitamin B-12 <sup>1</sup>	μg	7.38	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	μg	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Retinol	μg	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	453	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006

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Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	1.49	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>1</sup>	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma <sup>1</sup>	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	1.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0 <a href="#">1</a>	g	1.230	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:0 <a href="#">1</a>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0 <a href="#">1</a>	g	0.290	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 <a href="#">1</a>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	4.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 <a href="#">1</a>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated <sup>1</sup>	g	0.550	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:1 <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated <sup>1</sup>	g	2.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:1 <sup>1</sup>	g	0.760	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated <sup>1</sup>	g	0.580	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:1 c <sup>1</sup>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	1.599	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated <sup>1</sup>	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated <sup>1</sup>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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18:4 <sup>1</sup>	g	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <sup>1</sup>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) <sup>1</sup>	g	0.440	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
21:5 <sup>1</sup>	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) <sup>1</sup>	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) <sup>1</sup>	g	0.710	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cholesterol <sup>1</sup>	mg	61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

## Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD